

1. Calculate your available time

Suggestions:

- *Take into account the frac - $\mathcal{O}(p.6(\cdot))$ $\mathbb{I}\mathbb{J}\mathcal{O}\mathcal{O}\mathcal{P}\mathcal{T}\mathbb{I}$ - $\mathcal{O} ac$) $\mathcal{O} \mathcal{O}\mathcal{P}\mathcal{T}(\mathbb{I}nt)$ $\mathcal{O} a$*

Suggestions:

- *Discuss with your colleagues whether your estimates for time required are realistic*
- *Consider starting the summer with an urgent research/writing task that is relatively easy to accomplish*
- *As much as possible, break down the various tasks (eg. article for Journal X) into their component parts (eg. finish research, process data, literature review, write section x, y, z etc.)*

- freewriting around your goals and ideas
- start with a small amount each day
- start with reading the work of others
- Establish a new routine or find a new writing location
- Try the pomodoro method
- Aim to have something to show for May and June: it will energize you for the rest of the summer
- Create a writing group and devise accountability strategies (weekly email; shared targets; word count tracking)
- Plan vacation time and other rewards
- Try to write something every day, even if its only journaling
- Break down task list into smaller tasks
- Eliminate distractions